

# THE SEARCH FOR CONSCIOUS HARMONY

STUDY COURSE WITH UTTAM MODENES.

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# STUDY COURSE 2019

Escuela Camino 4 - Ser Studio

- Nostalgia for Being
- Gurdjieff
- The Fourth Way
- Sacred Dances
- As above, so below
- The Music
- Escuela Camino 4
- Study Course
- Practices
- The Purpose
- Practical data
- Further information



# NOSTALGIA FOR BEING

Double nature.



Almost everything human beings do is usually turned outwards; intensity in activity has absorbed virtually the entirety of their lives. The time devoted to return to oneself, to remember what animates us, the Source, is negligible in comparison or simply non-existent. However, behind all our manifestations in life there is a deep and unavoidable desire to know ourselves, to realize that we exist and how we exist.

This desire manifests as a longing to remain calm and connected to a sense that brings meaning beyond everything that happens around us, a longing to rediscover joy, passion in life, creativity in daily fulfillment, clarity of thought and the energy needed to deal with daily emotions.

Listening to this deep Aspiration makes it possible to live life as a response and not as a reaction; to manifest a movement with a higher meaning in life.

G.I. Gurdjieff (1866-1949) was born in Alexandropol, Armenia. Since childhood, he felt an irrepressible need to understand the purpose of human existence. With a group of fellow countrymen known as the “Truth Seekers”, he embarked on a spiritual quest that began in Armenia and took him through various regions of Central Asia, India, Tibet and North Africa over a period of twenty years.

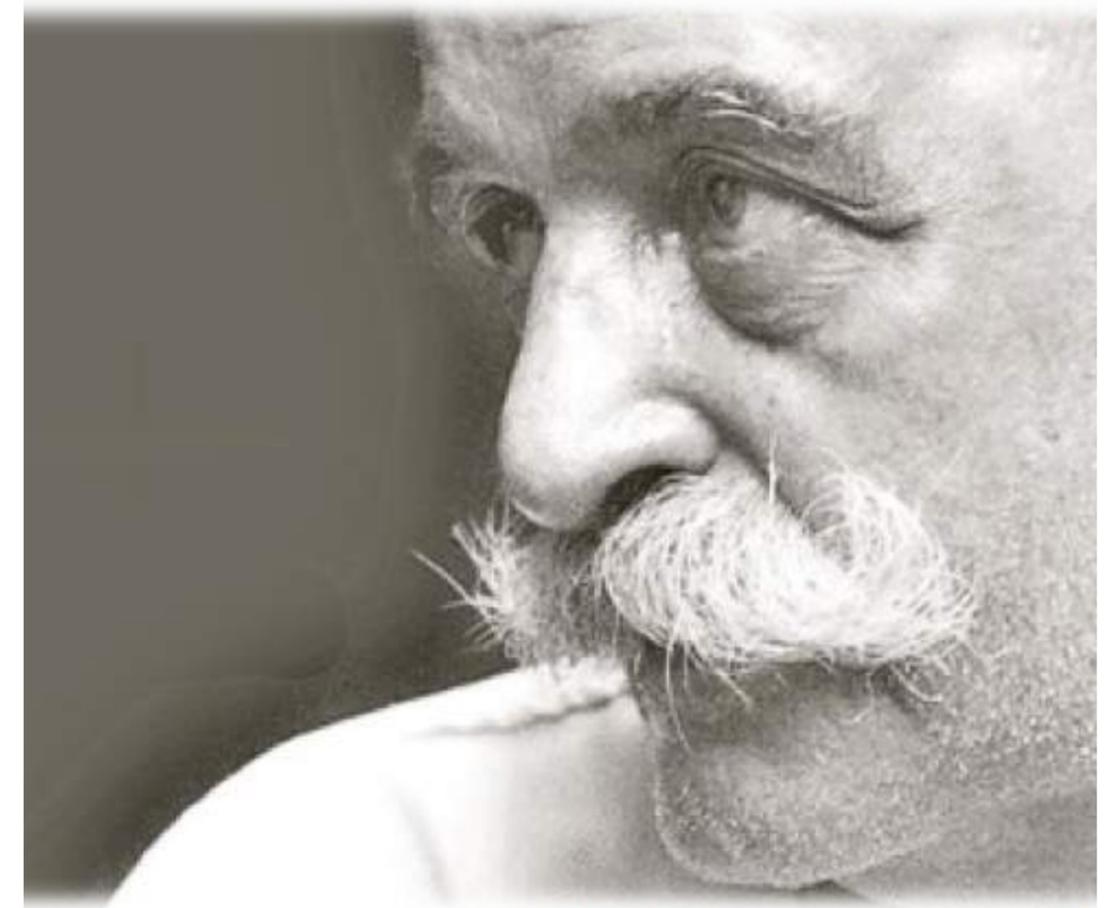
In his travels, he came in contact with monasteries, ethnic groups and schools of perennial philosophy such as Sufism, esoteric Christianity, Buddhism and Hinduism, and compiled a vast repertoire of choreography, gymnastics, Sacred Dances and music. He realized that the movements of these dances made up an alphabet that could be deciphered by those who were prepared to understand it, and were transmitted from generation to generation.

Gurdjieff left a legacy of unique diversity and the expression of an organic and coherent form of thought. His teaching is a practical philosophy towards Being that makes it possible to wake up to who we are; it is a living hologram where the body-heart dimensions, upon being illuminated by attention, become gateways to remembering “where you are” (sensation), “who you are” (knowledge), and “how you are” (feeling).

Gurdjieff himself wished to be known as a “dance teacher”.

# GURDJIEFF

Dance teacher.



Gurdjieff brought a teaching to the world that impels us to ask ourselves what our place and our role on Earth are. He considered the knowledge of the Self as an essential tool to attain freedom, inner liberation. For those who seek to understand the meaning of human life in the universe, the purpose of the search is to reach that current, to find it. Then, all is left is to «know» in order to «be». But in order to know, according to his teaching, it is necessary to know «how to know».

How can we experience life with intensity, adapting ourselves to its movement, trying to follow it, wishing to be in the vital process moment to moment, in proportion? Is it possible to come in contact with a greater vision of ourselves, of other people and of the world under a higher, more objective influence?

Gurdjieff's teaching gives us the opportunity to pursue this quest to discover our deepest questions, to experience the opportunity to be in motion, feeling the relationship between thought, feeling and sensation as a gateway to another lifestream. This current is always present but we are not usually in contact with it.

## FOURTH WAY

Enabling mirror.



# SACRED DANCES

Objective art.



In human beings, as in the universe, everything is in motion. Nothing stays still or remains the same. Nothing lasts forever or ends completely. All that is alive evolves or disappears in an endless movement of energy. The laws that underlie this universal process were known to ancient science, which placed humans in their proper place within the cosmic order.

Sacred Dances have been passed down from generation to generation and have been regarded an essential subject of study in the esoteric schools of the East, preserving their profound mystical and profound meaning in its real sense. They embody the principles of this knowledge while allowing us to approach it in a direct and dynamic way.

These Dances have a two-fold objective. As they require sustained attention on different areas at the same time, they help us to escape the narrow circle of our automatism. And through a strict succession of attitudes and postures, they lead us to a new possibility of thought, feeling and action.

Gurdjieff's Sacred Dances are the main subject matter of his practical philosophy. They are not solely extraordinary pieces of choreography, capable of creating a performance of movements; they are also crucial as a 'laboratory' wherein to explore human functioning through experience.



## AS ABOVE, SO BELOW

According to Gurdjieff,

“In the rhythm of certain dances, in the precise movements and combinations of the dancers, certain laws are depicted. These dances have been called sacred. During my travels in the East, I often saw dances of this type done during the performance of sacred rites in ancient temples.”

“In ancient times, dance was a branch of real art serving as a purpose towards superior knowledge. The boundaries of the dancer were expanded through the combination of non-natural and unhabitual movements.

Through their practice, the students obtained a new quality of attention and a new direction for the mind, all with a definite purpose. Through the representation of strict patterns, certain universal laws became visible and intelligible.”

# THE MUSIC

A path to interiority.



The cultural and musical environment where Gurdjieff grew up had a great bearing on his life. His father was a troubadour, and Gurdjieff acknowledged the deep impression that the long evenings spent listening to legends and epic poems acted out by his father made on him.

His interest and understanding of traditional music were profound. He believed that music from different cultures preserves and manifests their essential characteristics and encompasses the deepest meanings rooted in their traditions. With an extraordinary ability to remember the complex melodies that he heard during his travels, Gurdjieff composed around 300 pieces for piano that he dictated to his pupil Thomas de Hartmann, a Russian composer and pianist.

Seeing the direction taken by modern civilization, Gurdjieff took on the task of awakening his contemporaries to the need for an inner development that would make them aware of the real meaning of their presence on Earth. Even though his music is virtually unknown to the general public, decades after his death, it is still being transmitted in numerous recordings.

What is the source of its irresistible force, its ineffable atmosphere, its ability to charm the listener? The magic of this music lies in making it possible for human beings to come into direct contact with their own inner space. As a silent sphinx, the essence of these pieces remains waiting to be received.

# CAMINO 4 - SER STUDIO

## Continuous education.

Together with the Teaching, we strive to explore and acknowledge the relationship between thought-feeling-sensation by attempting methodical self-observation, being important elements of this process the work with attention, remembering and sensation.

In this work, which is both individual and collective, the language and meaning of the Art of Sacred Dance can be revealed and can awaken the fundamental question that beckons each of us to the Work: the question of the meaning of our existence, of how to be in the movement of life in a way that is open to a higher intelligence, to a sacred force.

We recognize that our existence is a profound mystery. Thus, through sustained and supportive work, we approach this mystery with ever-clearer Aspiration and with humility at least as great as our growing courage.



# STUDY COURSE

## Invitation.



The work agenda given in this Study Course is set within a theoretical-practical framework that favors the integration of experience and ideas in pursuit of a body-mind-emotion balance and an attempt to be open to that which is Sacred. In each meeting we study Gurdjieff's vision regarding movement and dance, together with the principles of his teaching, in a conscientious combination of Sacred Dances, self-study topics, inner exercises, development of attention, cultivating the ability to listen and "being aware", self-observation, group work, meditation and silence.

We believe that the existence of a Teaching depends on individuals who enter it and, together, vivify it with their own work and are responsible for what brings quality, proportion and clarity. Thus, we come together to Work because we feel the need to become conscious of ourselves, the need to stop being what we are, think what we think, and feel what we feel out of habit.

Our perspective tells us that joint work and cooperation are necessary to bring about something of value; a chain of people seeking to become more conscious whose efforts aid one another. Every person in this chain must find their place, a space that is determined by their usefulness. Each member of a work group maintains and vivifies the chain at the place where they are the link.

At Camino 4, we wish to create the space and the way for this exploration and vivification to be possible.

# PRACTICES



- Gurdjieff's Movements and Sacred Dances: introduction and practice of dances originating in the Sufi, Tibetan Buddhist, Esoteric Christian and Pythagorean traditions.
- Self-study topics: psychological aspects of Gurdjieff's system. An invitation to self-observation, de-identification and the transformation of the "type of person" we are beyond preconceived notions.
- Inner exercises for developing attention, subtle perception and a state of awareness conducive to the work of self-observation and the Sacred Dances.
- Meditation techniques from different traditions. They help dissolve blockages, allowing the natural flow of energy in the body and favoring natural, effortless inner silence.
- Zikr and sacred ceremonies of the Sufi tradition: the return journey from the head to the Heart.
- Dance, theater and creativity: opening to the moving body in sensation, realizing that the body is not only something that moves.
- Listening and sharing circles to clarify and deepen our experiences, to observe them from a broader context: the growth of the individual.
- Silence: the Movements are taught and studied in silence.

- Intensive and in-depth study and practice of Gurdjieff's Teaching, which includes his Sacred Dances, self-study topics, self-observation, weekly tasks, meditation and inner practices.
- To form and sustain a stable Working Group for the study, exploration and implementation of the transformation work that this program makes possible, with periodic meetings, get-togethers and personal and group work to be unfolded.
- To find help in the exploration of the nature of our Being, placing emphasis on establishing connections between attention and bodily sensation while participating in Dances, and also as a learning tool for daily life.
- Group work is an important part in this process, because the Dances demand coordinated and joint work. The exchange and mutual learning that arises when people work together towards a common goal is of great value.
- We always try to approach contact with the Sacred Dances with a sense of respect and humility, maintaining an atmosphere imbued with attention, silence and contentment to support sustained inner work.

# THE PURPOSE

Trying.



# PRACTICAL DETAILS



## Dates of the next Study Courses

- **Santiago (Chile):** March 20th through 22nd.
- **Santa Cruz (Bolivia):** March 27th through 29th.
- **La Paz (Bolivia):** April 3rd through 5th.
- **Lima (Peru):** April 9th through 12th.
- **Cuzco (Peru):** April 17th through 19th.
- **El Carmen de Viboral (Colombia):** April 21st through 26th.
- **Zacatecas (Mexico):** April 28th through May 3rd.
- **Montevideo (Uruguay):** June 26th through 28th.

## Timetible

- **Friday:** 7:30pm to 10pm.
- **Saturday:** 9am to 7pm.
- **Sunday:** 9am to 3:30pm.

To ensure your participation, it is necessary to make a reservation at least three weeks prior to the beginning of the meeting. Please inquire.

# FURTHER INFORMATION

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